

Calm Spirit Way of the Warrior Society

Heishin Bushidokai



Karate



A family oriented type of self-defense – Heishin Bushidokai Karate classes are being held in the lower level of the Newton Recreation Department. This style of karate draws its techniques and philosophies from its traditional roots in the Japanese Martial Arts. The classes meet on Monday and Wednesday nights in Room #2.

Children Classes (5 – 12 years old) 6:00 – 7:00 p.m.

Adult Classes (13 years and over) 7:00 – 8:30 p.m.

The Instructor for these classes is Michael Booker. Students are accepted continuously throughout the year. Anyone interested in participating may come to the Newton Recreation Center at the next class meeting.

For further information, contact the Recreation Department at (828) 695-4317.